

Saying Goodbye To Mr. Goodbar

By Polly Sarcia

[This is the first in a four part series following the progress of the author as she undergoes the first four weeks of an intensive weight loss program at Bodyworks in Scituate. Polly Sarcia is, of course, not her real name; the true identity of our writer will be revealed in the final episode.]

I have spent the past six months trying to convince myself that it's okay to be fat. Had I never been thin, it might have worked.

My husband still agrees to be seen in public with me; my friends (all tall and thin) assure me that they love me for my matchless charm and wit. What does it matter that my wardrobe consists of two outfits (straining at the seams), that I am asked at least once a week when the baby is due, that I can no longer climb a flight of stairs without pausing for a 10 minute break?

Miss Piggy is the new American heroine, so pass the cheesecake and damn the calories. Life is a banquet, baby, so enjoy!

Forget It! Forget the understanding relatives and friends (who murmur politely to others "she used to be so pretty, it's really such a shame"; I am the one who must live with this body, in this body, and carry this extra person around. And I'm tired.

Thank you, Dr. Atkins, Dr. Stillman, et al; I've tried your miracles, and at times they've worked. But my days of being a yo-yo are over. Memories of looking good and feeling comfortable scream at me for attention. At thirty years of age, I think it's time I listened

Many times, I've tried it alone and my success has always been short-lived. This time, I've got help, from two concerned professionals who've fought the same battles and made the victory last. When I heard about the new, medically supervised program at Bodyworks, I was skeptical. After all, I'm no novice at this dieting game: just what did these people think they could tell me?

At my first meeting with Nancy Sheenan, director at Bodyworks, and Carol Shattuck, R.N., we discussed my

motivations and the terrible eating habits that had pushed me to the highest weight in my history. They could help, they were sure, but I had to be ready. And after a summer of shunning the beach (who needs all that competition?) and a few weeks of longingly admiring the stunning new fall clothes, I had to admit that it was now or never.

After breakfasting on a farewell English muffin, I donned my extra large jogging shorts and ERA teeshirt, dumped the last of the cheesecake into the trash, and set out for the first day of the rest of my life. Stepping on that scale for Carol was no picnic, but she and I both know that it's all downhill from here.

We talked, in private, for over an hour; Carol explained the program's philosophy for health, as opposed to simply dieting. The combination of exercise and a sound nutritional style of eating will have to become a permanent life-style for me.

No more diets to be endured and then abandoned. The first few weeks will be rather grueling, but crucial to my re-education. And by sharing this experience with others, through the *Mariner*, it's even more important that I succeed. If you're reading this now, I'm



assuming that you may have been going through the same experiences; so if I make it, friend, then you can too.

It is now the end of the first day. I've survived the meal plan that Carol set down for me (which she will do on a

day-to-day basis for these first few weeks); I'm feeling a little hungry, and a little sore from the morning's exercises (adding insult to injury, I even took a two and a half mile walk this afternoon). But I Did It! And I can't wait until tomorrow.

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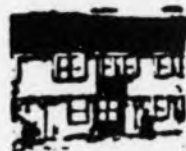
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Construction Courses For Women

Women will be learning the construction trades through a CETA-funded Women In Construction pre-apprenticeship project, beginning in October. The 18-week course is sponsored by Jobs, Inc., non-profit subsidiary of the Mass. State Building & Construction Trades Council, AFL-CIO.

WIC, which will train women to qualify for construction trades apprenticeships, will ease women's entry into this previously all-male profession. Participating women will develop marketable skills and qualify them for trade union membership.

In the first five weeks of training, union instructors will teach carpentry, electricity, plumbing, bricklaying, painting and sheet metal work. Each woman will then choose a specific craft for 13 weeks of in-depth study.

Five to six hours a day will be devoted to hands-on and classroom work. The women

will train physically for the other one-and-a-half hours.

The closest area program site is Plymouth-Carver, chosen by the U.S. Department of Labor as a national demonstration project.

WIC responds to Federal regulations that state that all construction projects receiving over \$10,000 in Federal funds must employ a certain percentage of women.

Quincy CETA, currently interviewing applicants for the Plymouth-Carver program, will pay participants hourly

wages and transportation expenses.

After the women graduate, WIC counselors, with the help of union business agents and contractors, will help them seek apprenticeship openings. The placement rate for the 32-week pilot program in 1978 was 70%.

Women unemployed, low-income heads of household or public assistance recipients can qualify. High school diplomas are not required. For information, contact Patsy Bickford, 773-3983.

Singles Group Issues Invitation

On Our Own, a South Shore based singles organization welcomes residents to join discussion meetings and/or social functions. Discussions are held in the comfortable atmosphere of members homes, weekly on Tuesdays and Thursdays. Social activities range from get-togethers, dining and dancing to sporting events.

For more information and a complimentary newsletter call 826-8903 or write to P.O. Box 564, Pembroke, Ma. 02358.



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